# HFDEI Commitment Worksheet

date:_____ client ID: _____

**Domain and Specifics of Commitment:** Assess domains of committed action and meaning of commitment. In a world where the client could make and keep commitments, what commitments would they make and keep? What is a major commitment they would like to make and keep? What small, but meaningful commitment would they like to make and keep? Very present moment focused assessment will be helpful here.

**Commitment Fusion/Avoidance:** Assess client stories about commitment—especially failures, inevitabilities, or any story that contains a strong sense of limitation or constraint. You will find these if you mindfully examine commitments in valued domains using the questions above.

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